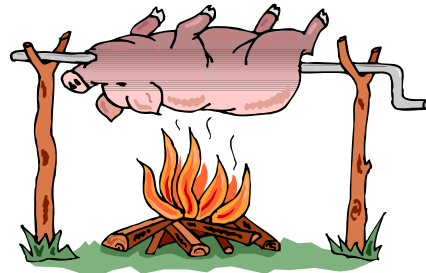


4-H Achievement Banquet

Saturday, Sept. 17



THE 2016 4-H AWARD BANQUET

*Saturday ~ September 17 at 5:30pm
in the Expo Building on the Fairgrounds*

What to bring & What to expect...

- At this event 4-H Leaders and Members receive recognition for their hard work and for many of the projects that have been completed throughout the past year. So please plan to come, support and thank them for all their hard work. ~~this really is a fun event!!
- We'll start eating around 5:30 on Saturday the 17th so come a little early to get situated. The award ceremony will start around 6pm.
- ALL 4-H club leaders, members, families & friends are invited ~~ DON'T MISS THIS!!
- Clubs are welcome to come early and decorate their tables if they'd like, but it's not mandatory. Club members & families can either sit together or folks can sit wherever they like.
- This year we're incorporating the NWMT Fair theme of "Montana's Best!" – so you're welcome to use that as your inspiration for decorations.
- CHS has donated two hogs that they bought at the livestock sale during the fair (as in years past), so there will be plenty of meat. (*please thank Mark Lalum and others from CHS when/if you see or talk to them*)
- The BBQ sauce will be provided by *Famous Daves*, please remember to thank them.
- The 4-H Council will provide all of the buns, plates, cups, napkins, forks, spoons & knives.
- Every family is asked to **bring at least 2 or more side dishes** (casseroles, salads, desserts, etc.).
- Don't forget to **bring serving utensils** for your dishes. Note: There are only a few outlets for crockpots.
- Sodas, water & coffee will be provided.



Special Thanks to our Adult 4-H Volunteers!!

2015-2016 Organizational Leaders:

Angela Crenshaw	Sara Hall	Mike Twillmann	Ginger May
Chris Scott	Kim Morrison	Melanie Hayek	Sherry Madsen
Dana Higgins	Brenda DeLong	Renae Johnson	Suzanne Tutvedt
Kelley Sue Bain	Kristi Davis	Renee Caverly	Tara Norick
Heather Siderius	Linda Stewart	Sandy Evenson	Tia Robbins
Wendy Morris	Tomi Todaro	Shilo Fritz	

Years of Service:

10 Years—Wendy Haagerup, Jen Johnson, Tammy Johnson, Jamie Olson, Brian & Judy Sommers

15 Years—Randy Burns, Shaun Sorensen, & Bill Stewart

25 Years— Sherry Caverly, Wendy Morris, & Dennis Urban

30 Years—Renee Caverly

45 Years— Frank Sutton

Livestock Education:

- Mike Twillmann: Beef Weigh-In/Seminar
- Mike Massey: Beef Weigh-in
- Dave Morris: Beef Weigh-in
- Ginger May: Hog Seminar & Hog Weigh-in
- Inga Lake: Sheep Seminar & Sheep Clinics
- Kim Morrison: Sheep Seminar, Round Robin & Sheep Clinics

Committee Chairs:

Kevin Fritz
Codi Sorensen
Sue Schmidt
Kelley Sue Bain
Kim Morrison

Foundation Officers:

Dana Higgins - President
Lloy Griffing - V. President
Codi Sorensen - Secretary
Kim Wortman - Treasurer

Council Officers:

Sandy Evenson- President
Loni Connely - V. President
Ginger May - Secretary
Sheila Wilson - Treasurer

Project Interviews:

Dana Higgins, Melanie Hayek and Kelley Sue Bain

Short Term Project Club Leaders:

Gordon Sheldon - Robotics
Randy & Marcia Burns - Muzzle Loading
Mike Massey— Horse Packing

Fair Awards:

Linda Stewart & Kristi Davis

Special Interest Clubs:

**Shooting Sports:* Don Anderson, Kristi Davis, Marcia & Randy Burns, Bill & Marsha Voermans, & Pat McVay

Horse Camp:

Penni Anello

State Congress:

Ashley Lau

Rec Lab

Samantha Braaten

Interstate Exchange:

Wendy Morris & Linda & Bill Stewart

Foods Fair:

Dana Higgins

Camp:

Renae Johnson

Winners of ALL NWMT Fair Awards will be announced at the 4-H Banquet on Saturday, Sept. 17th at 5:30pm. Bring your family and a few side dishes and come join us in the Expo bldg. for a ton of 4-H fun!!





ON TRACK TO 4-H VOLUNTEER SUCCESS

September 30 - October 2, 2016

Calling all Leaders! Calling all Leaders! First Boarding Call for the train to Volunteer Success!

District 3 would like to announce our agenda, workshop list, and tour information for the 2016 Montana 4-H Leadership Forum. This year the Forum will be held in Lewistown, MT. We have over 50 workshops and 11 tours for you to choose from. You may register for a specific workshop track, or pick and choose from all available. Full Workshop and Tour Descriptions available at First Class (Early Bird) Registration opens through 4HOnline August 1, Main Cabin (Regular) Registration continues from September 1st – September 14th, and Box Car Registration (Late, paper only) continues from September 15th – September 23rd.

No registrations will be accepted after September 23rd.

Tours: All tours happen Friday, September 30.

Bear Gulch Pictographs – 4,000 to 5,000 Native American Pictographs dating from A.D. 1000 to 1850. Limit – 30 people, bus will leave from Yogo Inn @ 2pm. Cost \$15 per person

Bos Terra and Speaker Darrell Stevenson – Progressive 15,000 head feedlot located near Hobson, MT. Darrell Stevenson launched Stevenson Sputnik Ranch in Russia in 2010. No Cost, No Limit. Tour will depart from Yogo Inn @ 2pm, or meet at Bos Terra @ 2:30pm.

Slippery Ann Wildlife Viewing Area – Hundreds of elk congregate on the CMR National Wildlife Refuge near the Fred Robinson Bridge North of Lewistown. Bus leaves from Yogo Inn @ 3:30pm. Classroom portion of Shooting Sports Leaders Training will be conducted on the bus, you do NOT have to be signed up for Shooting Sports Training to go on this tour. Limit – 30 people, cost, \$15.

Big Dry Saddlery – Roger Hollowell, the owner of Big Dry, will explain saddle trees and how to measure and fit a saddle. No Cost, No Limit.

Saturday Night Goldens – Dog Kennel – State of the Art breeding, training, and kennel facility for Golden Retrievers. Puppies are usually reserved prior to whelping and can be found all across the US and Canada. No Cost, Limit – 15 people. Tour departs from the Yogo Inn @ 3:30pm.

Historic Home and Quilting – Kitty and Kenny Hageman's 1905 home is a shining example of the Croatian stonework the Lewistown area is famous for. From there, the group will visit Shawna Crawford and her impressive quilt room that houses her long arm quilting machine. No Cost, Limit – 15 people

Manufacturing – HCR, Inc. engineers and fabricates doorway products for the refrigerated warehouse industry, as well as laser cutting, fabrication and powder coating services. Spika Design & Manufacturing specializes in the design and manufacturing of high quality work platforms. Hi Heat is a custom manufacturer of electric heaters. No Cost, No Limit. Tour leaves from Yogo Inn @ 2:15.

Big Springs Trout Hatchery – Hatchery provides Cutthroat, Rainbow, and Brown Trout, Graylines, and Kokanee Salmon to locations all over Montana. No Cost, No Limit. Tour leaves from Yogo Inn @ 3:30pm.

Amish Community and Spring Creek Hutterite Colony – Rueben & Linda Miller's farm outside Moore will share their unique farming and livestock practices. Then on to the large grocery, deli, and retail store near Eddie's Corner. Bring your \$ in case you want to purchase a treat or two! Spring Creek Colony will give tours of the kitchen and communal building where they eat, and show you their dairy, cattle, and pig barns, geese and ducks, slaughter/canning area and their garden. No Cost, No Limit. Tour leaves the Yogo Inn @ 2:45pm.

CMRC Green Share Project – Urban garden nurtured by a group of Lewistown volunteers. No Cost, No Limit. Tour leaves Yogo Inn at 4pm.



4-H Shooting Sports

Learn by Doing

Returning Shooting Sports Members

(those who were in the program last year)

All shooters returning from last year may now contact Kristi Davis to sign-up for a shooting sports time for this coming year. 752-6855 or 253-4303 or davisgka@gmail.com

NEW MEMBER - *your registration will take place in October.*



Flathead Shooting Sports

The next Montana 4-H Shooting Sports Leader Training will be held in Lewistown on September 30 – October 1, 2016. The deadline for registration is September 16, 2016. We will be offering the Archery, Rifle, Shotgun, Pistol, Muzzle-loading, and the Western Heritage disciplines if there is adequate interest. Please see the attachments for the registration forms, agendas, and the pre-test. Please note that leaders must be trained before they can serve as 4-H Shooting Sports key leaders in a county program in addition to general 4-H leader application procedures. Assistants do not need training, but must work under a trained leader who is present and involved anytime shooting occurs.

IMPORTANT: This training is taking place concurrently with the Montana 4-H Leaders Forum in Lewistown. Please join us for the Leaders Forum Banquet on Saturday evening for an additional \$20.00 – see registration form for menu items. We are hoping that a combined event makes the event better and more convenient.

The registration fee is \$60 for adults and \$25 for teen leaders (teens may only assist a 4-H shooting sports program if under the direct supervision of a trained and certified 4-H shooting sports adult leader of the same shooting discipline).

Please present the registration form to you County Agent for a signature before mailing them in. Also bring your completed pre-test with you to the training.

The training will begin at 5:00 p.m. to 8:00 p.m. on Friday night and continue from 8:00 a.m. to 5:00 p.m. on the following Saturday. Friday's lodging is on your own, but lunch is provided on Saturday as part of the registration. Educational materials are included with registration.

Registration forms can be found at <http://www.flathead.mt.gov/extension/downloads.php>

ATTENTION all 4-H Members 13yrs and Older!!

Plug Into the
4-H Ambassador Program



BECOME ONE OF OUR FLATHEAD 4-H AMBASSADORS!!

What is a 4-H Ambassador?? - 4-H Ambassadors are official envoys, representative spokespersons of the 4-H Program. A 4-H Ambassador is a self-motivated, enthusiastic leader who promotes the 4-H program to fellow members, area residents, community leaders, elected officials and non 4-H youth. A 4-H Ambassador serves to strengthen the 4-H program through public relations.

Ambassadors receive training and demonstrate their skills in leadership, citizenship, and civic engagement through public presentations, life skill development workshops, and service learning projects. These youth exemplify the "learn by doing" credo of experiential learning and advance the 4-H motto, "to make the best better."

What am I committing to as a 4-H Ambassador?? - There will be approx. 6-8 meetings a year with Samantha Braaten. As a 4-H Ambassador, you will be expected to attend a few events and activities throughout the year. You won't have to do them all, but some of your options for participating are Foods Fair, County Congress, Livestock Weigh-In's, State Congress, 4-H Board Meetings, County Club Meetings and Battle of the Barns (*just to name a few*).

Please complete the 4-H Ambassador application (even if you are an existing 4-H Ambassador) and return the application to the Extension office by October 1st. Applications can be found at the Extension office or on the website at <https://flathead.mt.gov/extension/downloads.php>. The next meeting is September 19, 2016 at 5:30pm at the 4-H building at the Fairgrounds.



Market Livestock Buyer “Thank You” Procedure Following the Sale

Don't forget to thank your buyers. The success of the Livestock Sale depends on the kindness of community businesses and individuals, and it's important that all our 4-H members thank them for their generosity. You can pick up your photo for your buyer's thank you at the Extension Office on TUESDAY, SEPT. 16th. Once a member delivers a “thank you” photo/gift to their buyer, they must return the confirmation form to the Extension Office by **December 1, 2016**.



THANK YOU!! to all
our *AMAZING*
4-H Family Members,
Volunteer Leaders &
Community Members.
The 2016 NWMT Fair
was an **HUGE** success,
and it's all because of
your support & care!!!

4-H Sheep Committee Meeting– Will be held at the 4-H Building at the Fairgrounds on September 6th at 5:30 pm.

Things to discuss are the prizes the committee are sponsoring, adding equipment to the county project, and ideas for the up coming 4-H year.

Items left after 4-H camp!!

Camp items left at camp to pick up at the Extension office: 1 water shoe, Blk Wrangler jeans, 2 sm tie die t-shirts, skull swimming trunks, tropical swimming trunks, blk & gray shorts, blk & gray tank, peach swimming bottoms, navy blue swimming bottoms, Franklin briefs, grey Quick-silver hoody, grey Braves t-shirt, grey Hurley hoody. After 30 days these items will go to the Flathead Industries.





A Message from a 4-H Member!!

Dear Fellow 4-H Members,

This past year I received a NILE Merit Heifer. A NILE Merit Heifer is an opportunity for kids to start and grow their own herd of cattle. To apply you must be within 12-16 years of age. Some of the things that you must do to apply include writing an essay, filling out applications, getting 6 reference letters and making a youtube video of your facilities. If you are selected for a heifer, then you will do monthly feed reports, answer essay questions and make contact with your donor each month. Your heifer is donated by a local Montana or Wyoming ranch. You will get the breed of heifer that you want, unless unavailable. The NILE, who co-owns the heifer with you, will walk you through the requirements that you must complete to gain full ownership of the heifer and her offspring. There are conference calls to teach you things like proper heifer nutrition, things you need to know about breeding your heifer, and about EPD's (which stands for expected progeny differences). You are encouraged to show your heifer at jackpots throughout the summer, however, your number one priority is to make sure your heifer is bred. The final step is to bring your bred heifer to the Nile for some interviews, and to show her. Then she's all yours! For more info go to <http://www.thenile.org/p/events/livestock-/meritheifer>. Also, feel free to get in touch with me and I'll answer any questions you may have. This has been a really great experience for me!

Sincerely,
Garrett Jewett
garrettnascarjewett@gmail.com

JOIN | THE REVOLUTION OF RESPONSIBILITY

LaSalle Boosters 4-H Club

Hog Raffle: Raised by club members

Ticket prices are \$5 each or 5 for \$20

Starting July 1st and Ending Sept. 8th

Contact LaSalle Boosters for tickets

HEY! Flathead 4-H Council... What's NEW with you?



4-H Council

During the Aug. 25th Flathead 4-H Council Meeting, the following was discussed and determined:

- Five out of twenty clubs were represented and presented their club reports. A treasurer's report, secretary, dog committee, and shooting sports, Foundation, and buyer's breakfast all presented reports.
- The Foundation is looking for Heritage families to interview for the Centennial year.
- The Little Chief Award Interviews are to be held.
- A motion was made to purchase two gift cards for the Awards Banquet cooks.

The council is an open forum for any 4-H members or adults to attend. **Each club has two voting delegates.** When considering the ideal make-up of the voting body of our 4-H Council, it is recommended that each club send at least one voting youth and one voting adult representative to act on behalf of the club; however, if that isn't possible each club will still have two votes per club.

See you on Sept. 22nd at 5:45 in the 4-H Building on the Fairgrounds.

HEY! Flathead 4-H Foundation... What's NEW?



Hi Everyone!

On Tuesday, Aug. 30th the Flathead 4-H Foundation met and the following was discussed/determined:

- Treasurer's report was provided. The 4-H Committees all provided reports.
- The Foundation website is up and running.
- Kim Wortman was elected as a new board member and Treasurer for the Foundation.
- Discussion on the bills was made and bills were paid.
- Club and other information can be added to the calendar.

The next 4-H Foundation meeting is scheduled for **Sept. 27th at 5:45** in the Extension office conference room.

GET READY!!! 100 years of Flathead 4-H is Coming...

Flathead County will be celebrating 100yrs of 4-H in 2017. ALL 4-H families (past or present) are encouraged to submit recipes for our upcoming 4-H Centennial cookbook. Especially those really old ones that people love so much!! All 4-H family and those of all ages to be a part of this.

All recipes should be submitted to the Flathead County Extension office right away. Recipes will be accepted through September. Use the form below to document your recipe and then either drop it off or mail to the address on the last page of this newsletter or scan & email them to: extension@flathead.mt.gov



One Recipe Per Page

2017 FLATHEAD COUNTY **4-H CENTENNIAL**

CIRCLE A CATEGORY BELOW

Submitted by:	4-H Club:
Address:	Phone:
RECIPE TITLE: <i>Please Type or Print Plainly</i>	

INGREDIENTS

Please use these abbreviations: c., tsp., Tbsp., pkg., qt., pt., oz., lb.

METHOD



Upcoming 4-H Meetings and Special Events



Forums, Committees & Councils

- **4-H Horse Committee:** Thursday, Sept. 15 at 5:45 pm in the Extension office conference room.
- **4-H Ag Committee:** Thursday, Sept. 1 at 5:45pm in the 4-H Building on the Fairgrounds.
- **4-H Council:** Thursday Sept. 22 at 5:45pm in the 4-H Building on the Fairgrounds.
- **4-H Foundation:** Tuesday, Sept. 27 at 5:45pm in the Extension office conference room.
- **4-H Sheep Committee:** Tuesday, Sept. 6 at 5:30pm in the 4-H Building on the Fairgrounds.

Upcoming Activities & Other Meetings

- ◇ Awards Banquet :September 17
- ◇ MT State Horse Show: September 22-25
- ◇ Record Books Due: September 30
- ◇ 4-H Shooting Sports Leader Training: Sept 30-Oct 1
- ◇ 4-H Re-Enrollment: October 1
- ◇ See the body of the Newsletter for the rest of the dates and times of Activities and Meetings.

REMINDER

Dee goes to lunch every day from 1-2pm, so many times the Extension office doors are locked during that time.

She also has occasional meetings for the county. If you need special accommodations or a guaranteed meeting with someone, please feel free to call ahead and make an appointment.

758-5553



Dear Flathead 4-H members, leaders & families:

The Flathead County MSU Extension Office will be **closed Sept. 5th-7th** for the Labor day Holiday and a small vacation for Dee. Because we are short staffed we may be periodically closed for meetings or to run errands. If you need personal attention please call for an appointment. Please leave paperwork in basket or leave in mailbox on front of building for confidential information.

Thank you,

Patricia McGlynn
Montana State University
Agriculture Extension Agent
pmcglynn@flathead.mt.gov
Phone: 406-758-5554

Dee Dryden-Cooper
Administrative Assistant
MSU Extension, Flathead County
ddrydencooper@flathead.mt.gov
(406) 758-5553 phone





SNAP Education



PHYSICAL ACTIVITY

Physical activity is important for good health!

If you are a parent, make sure you are setting a good example for your kids by being active and making physical activity a part of your family's life.

What are the types of physical activity?

Aerobic activities make you breathe hard and your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. During moderate physical activity, you can talk while you do them, but you can't sing. During vigorous physical activity, you can only say a few words without stopping to catch your breath.

Muscle-strengthening activities include things like push-ups, sit-ups, and lifting weights.

Bone-strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promote bone growth and strength.

Balance and stretching activities reduce the risk of injuries the risk of injuries. Examples are tai chi and yoga.

How much physical activity should we do?

Adults

Aerobic: Adults should do **at least 2 ½ hours a week of moderate or 1 ¼ hours a week vigorous physical activity.**

Strengthening: Adults should perform strengthening exercises **at least 2 days a week.**

Children (6-17)

Aerobic: Children should do **at least 60 minutes of moderate or vigorous activity each day.**

Muscle-strengthening: Children should do muscle-strengthening (like climbing or crossing monkey bars) **at least 3 days a week.**

Bone-strengthening: Children should do bone-strengthening activities, like jumping, **at least 3 days a week.**

Young Children (2-5 years old) play actively several times a day.



MSU Extension Service – Flathead County

Patricia McGlynn

Agriculture, Natural Resource & Community Development Extension Agent

Temporally Vacant

4-H & Youth Development Agent

Dee Dryden-Cooper

Support Staff

Nancy Roberts

SNAP Educator

Address:

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Email: extension@flathead.mt.gov

Web: <http://flathead.mt.gov/extension>

State Web Sites:

www.msuextension.org

www.montana4h.org

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717